Tummy Terrors: Relieve Incarcerated Gas With Practical Homeopathy®



Judging by the emails my team receives, it seems gas is on everyone's mind these days. No, I'm not talking about the kind you put in your car. I'm talking about the kind we sometimes suffer after eating the wrong foods.

I recently wrote Farewell to Flatulence: Finding Freedom from Gas With Practical Homeopathy®, which should provide enough information to assist in most cases. However, I did receive this follow-up question in the comments:

"What is recommended for gas that doesn't make its way out easily and causes many gas pains?"

Incarcerated gas

My friends, as annoying and embarrassing as passing gas can be (especially in polite company), it can be quite painful when the gas won't pass. As the gas builds up, the sufferer often feels like they swallowed a beach ball.

This condition is called incarcerated gas or trapped gas, and the homeopathic medicine that immediately comes to mind is *Lycopodium*.

Historically, for this unresolved gas pain, *Lycopodium* 200 is utilized twice daily until very much better. It has been a successful mainstay of my practice.

What about gas with indigestion?

Now, if there is indigestion, especially with an acidic taste, or if rectal burning occurs, an alternative to consider could be *Nat phos* 6X.

You can read more about this medicine and its use in my blog post, Heartburn, Reflux and Indigestion.

My late father was able to overcome his dependence on over-the-counter antacids with *Nat phos*. If you haven't read his story, I encourage you to check out my blog, David vs. Goliath.



Enjoy food without gassy gut pain

Obviously, the best way to keep our guts happy and healthy is by eating good, nutritious, well-prepared foods. I would prefer that none of us eat the products of modern industrial gastronomy that will almost certainly lead to gas, indigestion and worse.

Rather than ingesting the symphony of preservatives and emulsifiers found in foods served in buckets or under arches, my family and I choose farm-fresh, home-cooked meals.

However, as I've said before, I want everyone to be *able* to eat a fast-food meal without dire consequences. When push comes to shove, and there's no other choice – like on a late-night road trip when everything else is closed – we can counteract nutritional nihilism by having homeopathy on hand.

Add *Lycopodium* 200C and *Nat phos* 6X to your well-curated homeopathy kit, and you'll be prepared.

If you enjoy this content, please share it. Also check out my podcasts, Monday Night Lives, and connect with me on YouTube, Instagram and Facebook. Pass on the good news of Practical Homeopathy®!

Warmly,



P.S. Have you joined my Mighty Members yet? As much as you enjoy my Sunday blog posts, imagine getting an *extra* one each week containing even more information. That's what the Mighties receive, along with other benefits too numerous to

mention. (Click here to read all that you could receive.)

For instance, in my recent Memo to Mighty Members #313*, I offered an alternative homeopathic remedy for bowel incontinence, in addition to what I already discussed on the public blog.

As you know, there is more than one way to crack a nut in homeopathy. So, I want my Mighties to have the education necessary to pivot if the first-choice medicine doesn't quite act as expected.

Don't miss out any longer.

For less than the cost of one of those drive-thru cuisines of convenience, destined to make your gut ache, you can instead discover even more about the deliciousness of Practical Homeopathy®. I look forward to seeing you in our ranks.

**You must be logged into your Mighty Member account for protected links to take you directly to the offering.*



06.07.26 Tummy Terrors: Relieve Incarcerated Gas With Practical Home
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